



DEPARTMENT OF PHYSICAL EDUCATION

CERTIFICATE COURSE CODE	: SFAPET06
CERTIFICATE COURSE NAME	: BASIC FIRST AID
DATE	: 18-07-2023 to 14-11-2023
COURSE TEACHER	: Ameen Navas KP
DESCRIPTION	: The course "BASIC FIRST AID " designed to equip individuals with essential skills to respond effectively to medical emergencies. This course covers fundamental techniques and knowledge necessary to provide immediate care to injured or ill individuals before professional medical assistance arrives.

Objectives:

1. **Introduction to First Aid:** Provide participants with an understanding of the importance of first aid in emergency situations and the role of a first aider.
2. **Assessment of Emergency Situations:** Teach participants how to assess emergency situations quickly and effectively to determine the appropriate course of action.
3. **Basic Life Support (BLS):** Train participants in basic life support techniques, including cardiopulmonary resuscitation (CPR), to provide immediate assistance in cases of cardiac arrest or respiratory distress.
4. **Management of Bleeding and Wounds:** Equip participants with the skills to control bleeding, clean and dress wounds, and prevent infection to minimize further injury and promote healing.
5. **Recognition and Response to Medical Emergencies:** Familiarize participants with the signs and symptoms of common medical emergencies such as heart attacks, strokes, and allergic reactions, and teach appropriate response measures.

Outcomes:

1. **Confidence and Preparedness:** Participants will feel confident and prepared to respond effectively to emergency situations and provide immediate assistance to those in need.
2. **Life-saving Skills:** Participants will possess life-saving skills such as CPR and bleeding control, enabling them to intervene promptly and potentially save lives in emergencies.
3. **Reduced Risk of Complications:** Participants will be able to administer basic first aid treatments promptly, reducing the risk of complications and promoting recovery.
4. **Safety Promotion:** Participants will be advocates for safety in their communities, workplaces, and homes, promoting awareness of first aid practices and encouraging preparedness..

5. **Professional Development:** For those in professions requiring first aid certification, this course will fulfill requirements and enhance their professional credentials, improving job prospects and opportunities for advancement.

SYLLABUS

Module 1: Introduction to First Aid (Duration: 4 hours)

Definition and Importance of First Aid - Legal and Ethical Considerations - Good Samaritan Laws - Psychological First Aid

Module 2: Assessment of Emergency Situations (Duration: 6 hours)

Scene Safety Assessment - Primary Survey (ABCs: Airway, Breathing, Circulation) - Secondary Survey - Vital Signs Assessment

Module 3: Basic Life Support (BLS) (Duration: 8 hours)

Cardiopulmonary Resuscitation (CPR) - Rescue Breathing Techniques - Use of Automated External Defibrillators (AEDs) - Choking Emergencies

Module 4: Management of Bleeding and Wounds (Duration: 6 hours)

Types of Bleeding - Direct Pressure and Elevation Techniques - Application of Tourniquets - Wound Cleaning and Dressing

Module 5: Recognition and Response to Medical Emergencies (Duration: 6 hours)

Common Medical Emergencies (e.g., Stroke, Heart Attack, Seizures) - Allergic Reactions and Anaphylaxis - Asthma Attacks - Diabetic Emergencies

References:

1. National Safety Council. (2016). First Aid, CPR and AED Standard.
2. The British Red Cross Society. (2019). First Aid Manual: The Authorised Manual of St John Ambulance, St Andrew's First Aid, and the British Red Cross.
3. First Aid for the USMLE Step 1 by Tao Le, Vikas Bhushan, and Matthew Sochat
4. Basic First Aid by DK Publishing
5. BLS for Healthcare Providers (Student Manual) by the American Red Cross